

## CHAMPIONSHIP CULTURE

“It’s not about what you teach, it’s what you emphasize.” Tony Bennett (VA Boys Bball Coach)

### I. PROGRAM PHILOSOPHY - I’M THIRD

#### A. TEACHING and modeling - others first!

1. Being a good teammate isn’t the same as being a good friend (teach HOW)
2. Leadership - making others around you better
  - a) Watch how your players respond to certain players - teach in the moment
  - b) Teach your leaders to adjust based on individuals
  - c) If you light a fire - be the first encourager
3. Focus on the details
  - a) Body language / Bench

#### B. COMMUNICATION

1. Concise and direct - tell the TRUTH (parents and players)
  - a) Assumptions and deceit live in the unknown, communication is so important for buy in!
  - b) Have hard conversations - confront issues
2. TEACH communication - it’s a skill!
  - a) Effective communication gets results - talk and listen!

#### C. ACCOUNTABILITY

1. Details - starts in practice
2. Decisions
  - a) 75% culture - 25% X’s and O’s (“Culture beats strategy. Strategy is important but it’s your culture that will determine whether your strategy is successful.” - Jon Gordon)

### II. DEFENSE WINS

#### A. EFFORT + GRIT - Our goal is to always outwork our opponent and to frustrate them with our relentless defense

#### B. STARTS IN PRACTICE

1. Expectation of practice must be higher than match night - You will never outwork your opponent if you aren’t accountable to that in your own gym
2. For example: if a ball landing uncontested in practice doesn’t fire you up like it does in a match, the practice culture must change to get the results you desire
3. Every drill designed with a purpose
  - a) Ball Control / communication / competitiveness / mental toughness (pressure situations) / conditioning (playing when tired)
  - b) Change drills (goal of drill) based on the needs of your team
4. Time - be efficient
  - a) Quality vs Quantity
  - b) Coaching on the fly

#### C. PARTNER / 3 PERSON PASSING DRILLS

1. Double Knee (move to standing)
2. Partner In/Out
3. Run-Around / Short-Deep

4. Corner
5. Partner Triangle Pass
6. 3 person short-deep

#### D. TEAM BALL CONTROL DRILLS

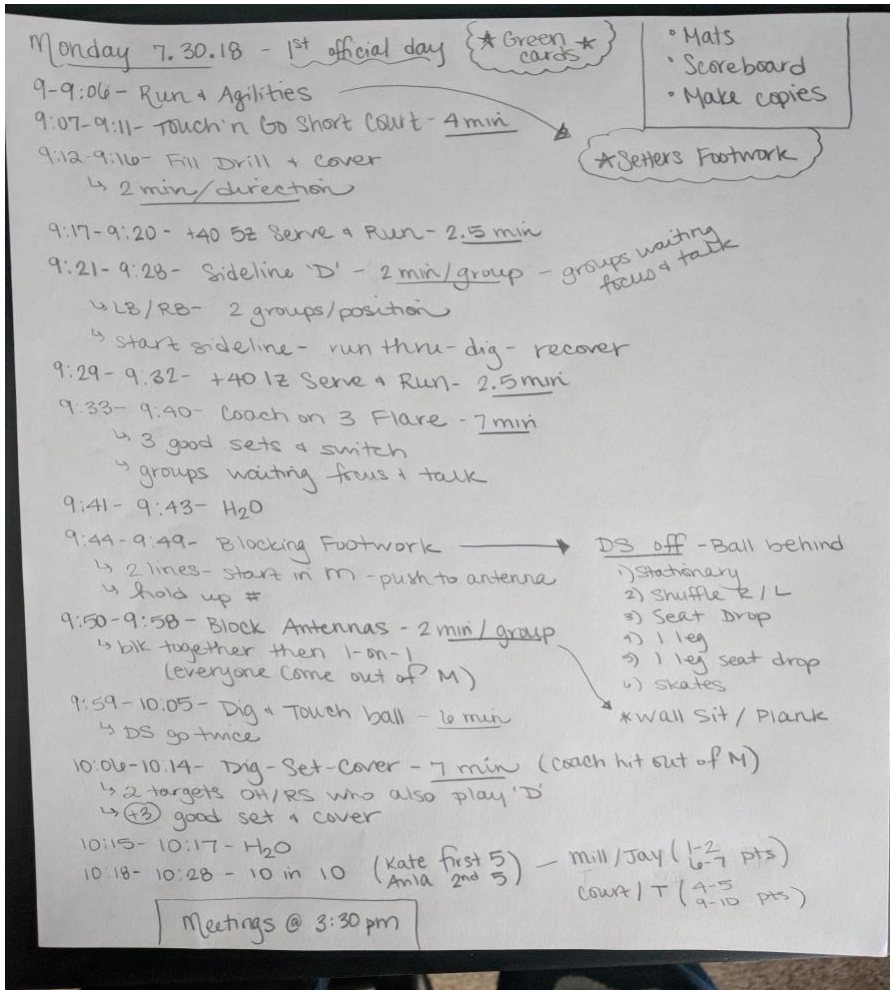
1. Fill Drill
2. Cone Passing

#### E. DEFENSIVE DRILLS

1. Triple D
2. Sideline D
3. Dig & Recover
  - a) Add in competition by seeing which group gets the most to target
4. Box Jump with Run Thru (2 min)
  - a) Conditioning drill - how to fight through when tired / whole group penalized when one person doesn't give full effort

#### F. TEAM PLAY

1. Dig or Die
  - a) No touch / 1st ball contact = back to 0
2. Run Drill
  - a) 22-22 (3 in a row to get a point)
3. Warrior
  - a) Must score on 1st serve receive ball to get a big point (play to 6)
4. Situations (Get creative)
  - a) Come from behind, give a lead, specific rotations, 2 in a row for match point, etc



← EXAMPLE OF A PRACTICE

PLAN